



To the Chairman and Members of the
Arlecdon and Frizington Urban District Council.

GENTLEMEN,—

I beg to submit to you for consideration my third Annual Report for the year 1925 ; Reports this year are to be considered as " Survey Reports," so I have tried to make it as complete and accurate as possible.

The Arlecdon and Frizington District is situated in West Cumberland, about 4 miles from the sea ; it is about 4 miles in length from North to South, and $2\frac{1}{2}$ miles from East to West. It lies at an altitude from four to seven hundred feet above sea level, and is therefore well exposed to every wind that blows. Much of the land is fertile, being very largely of a clayey nature, but in the higher parts there are great stretches of rough, uncultivated moorland. Coal, iron ore, and limestone are to be found in the area, and on these depend the chief industries. All the iron-ore mines are closed down owing to trade depression, &c., and the work at the limestone quarries in the neighbourhood is very erratic. The high situation of the locality ensures an abundant supply of fresh air, and the houses have plenty of open spaces around them.

I. General Statistics.

Area of Urban District of Arlecdon and Frizington in acres	5554
Population (Registrar-General)	5163
Number of Inhabited Houses (Dec., 1925)...	1161
Number of Families or Separate Occupiers	1173
Rateable Value	£15,375
Sum Represented by a Penny Rate	£40

II. Extracts from Vital Statistics for the Year.

Births.

	Total.	Male.	Female.
Legitimate	101	47	54
Illegitimate	5	4	1

Birth Rate, 20.5.

Deaths.

	Total.	Male.	Female.
	77	45	32

Death Rate, 14.9.

Number of Women dying in, or in consequence of, childbirth :

From Sepsis	0
From other causes	0

Deaths of Infants under one year of age. per 1,000 live births.

Legitimate, 9 ; Illegitimate, 2. Total : 11.

Deaths from Measles (all Ages)	0
Deaths from Whooping Cough (all Ages)	3
Deaths from Diarrhoea (under 2 years of age)	3

From the above it will be noticed that our birth rate is 20.5, as compared with 24.8, the figure for 1924. From 33.6 in 1920 there has been a marked decline especially during the last 3 years. Considering the bad times we are experiencing one cannot but feel that it is perhaps better so : we are still above the County rate, 18.9, and still further above the rate for England and Wales, 18.3. The Death rate, 14.9, is lower for 1925, compared with 17.3 of last year, and it compares favourably with the average of the previous four years, which is 15.4. As usual, it is higher than the rate for England and Wales, 12.2, and the County rate, 13.4. The rate for Urban Districts of Cumberland is only slightly better. The Infant Mortality Rate shows little change from last year, although there were only 11 deaths, as compared with 13 last year. The fall in the birth rate keeps up the figure, although deaths are fewer. It is, however, much higher than one would like to see it ; there has been a steady increase from 1921. There was one death among illegitimate children during the year.

Table I. in the Appendix to this Report gives the Vital Statistics of the District for 1925, and also for the previous four years for the sake of comparison. ,

Table II. gives a comparison of Birth, Death, and Infant Mortality Rates of your district with those of England and Wales as a whole, of Cumberland, and of Urban and Rural Districts of Cumberland.

Table III. shows the principal causes of death during the year. It will be noted that the chief cause of death was Cancer (Malignant Disease), which was responsible for 10 deaths. Next in order come Pneumonia 8, Heart Disease 6, Congenital Debility and Prematurity 6. There were 3 deaths from Tuberculosis of Lungs, compared with 10 in 1923 and 10 also in 1924. Pneumonia continues to be one of the chief causes, more especially owing to the marked prevalence of Influenza. Five deaths were due to violence. Of the 77 deaths registered, 21 occurred in persons over 65 years of age, 7 among persons 75 years of age and over, and 5 over 80 years of age.

Table IV. shows the particulars of Infant Mortality during the year. Prematurity, Congenital Debility, and Malformations are again responsible for a very high proportion, 5 out of 11 being due to this cause. Two cases of twins (premature 7 months) were reported. This proportion is an improvement on that for 1923 (7 out of 11, and also on that for 1924 (8 out of 13); this may be due to the fact that conditions of employment have been slowly improving, but there is still considerable unemployment with its consequent worry and lack of food. Three of the deaths were due to Enteritis.

Notifiable Diseases.—Forty-nine cases of infectious disease were notified during the year, as compared with 32 last year; details are given in the following table :—

Disease.	Total Cases.	Cases sent to Hospital.	Deaths.
Diphtheria 3	3	0
Scarlet Fever 28	26	0
Enteric Fever 0	0	0
Puerperal Fever 0	0	0
Smallpox 0	0	0
Chickenpox 4	0	0
Tuberculosis of Lungs	... 6	0	3
Tuberculosis (other forms)	.. 5	0	1
Erysipelas 2	0	0
Ophthalmic Neonetorum	... 1	0	0

The only cases calling for comment are those of Scarlet Fever and Tuberculosis. The Scarlet cases kept cropping up throughout the whole year, and at no time could one have described its prevalence as an epidemic. Cases were mild in nature. Efficiency of Disinfection is shown by the fact that only in one case were 2 cases reported in the same house. Mild cases of Scarlet Fever are very easily missed, and I think that infection was usually contracted at school.

Tuberculous cases reported were 11 in number, the same as last year ; this figure is much too high, although there were 3 cases less of Tuberculosis of the Lungs. I have previously referred to deaths from T. B. Lungs being fewer than in the former two years. As stated in last year's report, when a case of Tuberculosis occurs, it is as a rule quite impossible to isolate it, as the accommodation for the family as a whole is very often inadequate. It is a great pity that the sanatorium accommodation is so limited ; it is also unfortunate that some provision cannot be made for cases which are too far advanced or otherwise unsuitable for sanatorium treatment, as these continue to be a great source of infection. In some cases, where relatives refuse to let the patient be removed, one would like to be able to insist on removal in the interest of the rest of the family, when the size and ages of the family and the available accommodation suggest such a course.

Table V. shows particulars relating to the age-periods for Notifications and Deaths of Tuberculosis cases. It will be seen that 4 cases were notified below the age of 10 years, and there was 1 death. Most of the cases occurred between the age of 15 and 35 years, and in this period we find 2 deaths.

NURSING ARRANGEMENTS, HOSPITALS, AND OTHER INSTITUTIONS AVAILABLE FOR THE DISTRICT.

Professional Nursing in the Home.

(a) For General Nursing ; one nurse is supplied by the West Cumberland Nursing Association, which is kept up by private subscriptions and contributions from the mines, quarries, &c.

(b) For Infectious Cases; people make their own arrangements.

Midwives.—One midwife is working in the district, and resides at Frizington ; she is under the supervision of the County Council.

Maternity and Child Welfare.—For the past 18 months a centre has been established at Frizington for the supply of free milk to nursing and expectant mothers, and young children under 3 years of age. The clinic is held on the 2nd and last Fridays of each month, and is under the supervision of the County Medical Officer.

Tubercular Cases are dealt with by the Tuberculosis Officer at Jacktrees Road, Cleator Moor.

Venereal Cases are seen at the Whitehaven Hospital by the V.D. Officer every Friday. The two latter branches are directly under the supervision of the County Council.

Hospitals subsidised by the Local Authority and County Council are

Tuberculosis (County Council)	...	Threlkeld Sanatorium.
Maternity	...	None.
Children (Voluntary)	...	Whitehaven Hospital.
Fever (partly supported by Local Authority)		Galemire Joint Hospital.
Smallpox	(Do.)	Derwent Joint Smallpox Hospital, Workington.

None of these are actually in the district.

Whitehaven Hospital.—This Hospital, which has been recently opened, is six miles distant, and has accommodation for 90 patients. It is available for accidents, surgical, medical, and maternity cases. No institutional provision is made for unmarried mothers, illegitimate infants, and homeless children in the district.

Ambulance Facilities.—For infectious cases a Motor Ambulance is kept at Galemire Hospital ; there is also a Motor Ambulance at Whitehaven, owned by the Mining Association, which is used for accidents at the mines, quarries, &c. For other accidents and non-infectious cases requiring removal to Whitehaven Hospital, the St. John's Ambulance Association have provided an up-to-date Motor Ambulance, which is housed at Whitehaven Hospital. It is hoped that full use will be made of this provision ; hitherto the old Horse Ambulance at Cleator Moor has been hopelessly inadequate.

Laboratory Work.—The Council subscribe to the Clinical Research Association. Expense of examination of slides, specimens, etc., is met by the Council, and the materials provided by the Association.

A supply of **Diphtheritic Antitoxin** is always available at Croft House, Yeathouse Road, Frizington.

Sanitary Administration.—The Sanitary Officer's Report is included at the end of my Report.

Public Health Staff consists of One Medical Officer of Health (part time) and One Sanitary Inspector.

Housing.—There has been little change during the last five years. 11 new houses have been built and 1 house closed during that time. Many houses are still in a bad state of repair, but industrial depression, with its attendant difficulties, precludes any drastic action by the Council ; it has been our policy to tackle the worst defects and many of these have been remedied. It will continue to be necessary for the Council to see that the work is carried out in cases where reports are very bad ; we hope that as times improve more may be done to better housing conditions generally.

Sewerage.—The system of sewerage in operation is by settling tanks and land irrigation. Owing to the lie of the land and the fact that the district is a very scattered one, it has been found necessary to have a series of small systems for the smaller isolated places and 3 larger systems for Frizington, Arlecdon, and Rowrah. All are very much out of date, and in no case is the sewerage efficiently dealt with according to present day standards. The costs, however, of linking up the whole district into one complete scheme would be prohibitive at the present time, so we must continue to concentrate on getting the very best out of what we have at present. Settling tanks must be regularly emptied, and the contents carted away for manure ; full use should be made of filter beds and all the land available for irrigation purposes. In the case of the systems at Arlecdon Parks Road and Frizington Parks, the land is most unsatisfactory for irrigation, in the winter time especially. During the year some drainage was done at Frizington Parks. At Arlecdon Parks Road the present tanks are too small ; they ought to be at least doubled in size, and supported by filter beds before the effluent is distributed on the land. At Colliergate, Rowrah, the tanks are also too small. Larger tanks should be installed at a higher level, so that we might make full use of the land here, which is more suitable for irrigation.

Slaughter Houses.—A special report on the three slaughter houses in the area was submitted during the year. Over the past

two years many structural improvements have been effected, and they are now in a satisfactory condition, being generally clean, well ventilated, and regularly limewashed. If the places are washed out and all the refuse, &c., removed, after the animal is hung up, there is no reason why the slaughter should not be done in a clean and efficient manner.

Cowsheds and Dairies.—As has been our practice during the past three years, the Sanitary Inspector and I visited all the cowsheds and dairies in your area and submitted a special report. It will be seen that a great deal of improvement had been made ; our recommendations have been carried out in most cases, although there is still some work outstanding. There are no milk shops in the district, the milk being sold direct to the consumer. ,

Water Supply.—This comes mainly from springs in the Cogra Valley, a region uncultivated and uninhabited. Water is clean and abundant and free from contamination. It is very satisfactory for domestic purposes, although it contains a certain amount of vegetable matter. I think the new gravel and sand filters installed last year have improved this ; it will be necessary to clean the filters, the springs, and the channel between regularly, and remove as much of the vegetable matter as possible, as it grows and spreads very quickly. It seems a great pity that a considerable amount of fresh filtered water should overflow at times into the reservoir. If this were caught and used it would be possible to get the whole supply from the springs, instead of having to supplement it at times from the reservoir itself. It has been suggested to convey this surplus of spring water by another pipe to connect up with the existing main supply pipe.

Scavenging and Refuse Disposal.—House refuse is removed twice weekly, and disposed of in holes caused by mine subsidence, or upon land, if requested by farmers, sufficiently far away from dwelling-houses. At present the work is done by contract, and an open cart is used. I think it would be much more satisfactory if the work were done by the Council directly ; a properly covered-in vehicle should be used.

We have no earth closets or cesspools—privies and ash pits are cleansed twice weekly by workmen. Farms and isolated cottages are responsible for their own arrangements

Food Inspection.—Since the clean meat regulations came into operation, slaughter houses have been regularly visited ; during 1925 one carcase was condemned as being unfit for human consumption.

Factories, Workshops, and Workplaces.—Fourteen inspections were made in this connection during the year. No defects were reported with regard to Nuisances and other offences under the Factory and Workshop Acts.

This, Gentlemen, with the Tables in the Appendix, completes my Annual Report for 1925.

I am,

Your obedient servant,

HUMPHREY ROBERTSON,

Medical Officer of Health.

APPENDIX—TABLE I.

Vital Statistics of Arlecdon and Frizington Urban District
during 1925 and Four Previous Years.

Year	Population (Mid-year)	BIRTHS.			DEATHS.					
		Total No.	Rate per 1000 Population.	Illegitimate No.	Under 1 year of Age.			At all Ages		
1	2	3	4	5	6	7	8	9	10	11
1921	5230	163		8	13	79			73	13.95
1922	5258	162	30.8	8	13	80			86	16.08
1923	5298	113	21.3	5	11	97			76	14.3
1924	5254	130	24.8	7	13	100	1	143	91	17.3
1925	5163	106	20.5	5	11	104	2	400	77	14.9

TABLE II.—Showing a comparison of the Birth, Death,
and Infant Mortality Rates for Arlecdon and
Frizington, with other Areas as stated.

(1)	England and Wales	18.3	12.2	75
(2)	105 County Boroughs and Great Towns, including London	...	18.8	12.2	79	
(3)	157 Smaller Towns (1921 adjusted Populations, 20,000-50,000).	18.3	11.2	74		
(4)	London	...	18.0	11.7	67	
(5)	Cumberland, County of	...	18.9	13.4	85	
(6)	Urban Districts of Cumberland..	19.7	14.3	95		
(7)	Rural Districts of Cumberland..	17.8	12.4	71		
(8)	Arlecdon and Frizington	...	20.5	14.9	104	

TABLE III.—Causes of Death during the year 1925.

	Causes of Death.			Male.	Female.
All causes	45	32
Whooping Cough	2	1
Influenza	1	1
Tuberculosis of Respiratory System	...			2	1
Other Tuberculous Diseases	...			0	1
Cancer, Malignant Disease	...			6	4
Diabetes	0	1
Cerebral Haemorrhage, &c.	...			0	3
Heart Disease	4	2
Arteriosclerosis	1	0
Bronchitis	0	1
Pneumonia (all forms)	...			6	2
Other Respiratory Diseases	...			2	1
Ulcer of Stomach or Duodenum	...			1	0
Diarrhoea, &c. (under 2 years of age)	...			3	0
Acute and Chronic Nephritis	...			1	1
Congenital Debility and Malformation, Premature Birth	...			4	2
Suicide	1	0
Other Deaths from Violence	...			4	1
Other Defined Diseases	...			7	10

TABLE IV.—Infantile Mortality during the Year 1925. Nett
Deaths from Stated Causes at Various Ages, under
One Year of Age.

CAUSE OF DEATH.	Under 1 Week	Under 2 Weeks	Under 3 Weeks	Under 4 Weeks	Total Under 1 M'th	1—3 Months	3—6 Months	6—9 Months	9—12 Months	Total D'ths under 1 Year
Prematurity	4				4	5				5
Congenital Debility		1			1	1				1
Congenital Malformations										
Acute Meningitis										
T. B. Meningitis										
Enteritis				2	2	3				3
Convulsions						1				1
Broncho Pneumonia						1				1
	4	1		2	7	11				11

Infantile Mortality Rate, per 1,000 Live Births, 104.

TABLE V.—TUBERCULOSIS.

Age Periods.	NEW CASES.				DEATHS.			
	Pulmon- ary		Non-Pul- monary		Pulmon- ary		Non-Pul- monary	
	M	F	M	F	M	F	M	F
0				1				
1								
5					2	1		
10								
15			1				1	
20								
25	2	1						
35	1						1	
45	1							
55								
65 and upwards								
Totals	4	2	4	1	2	1		1

MARCH, 1926.

TO THE CHAIRMAN AND MEMBERS OF THE
ARLECDON AND FRIZINGTON URBAN DISTRICT COUNCIL.

GENTLEMEN,—

I have pleasure to lay before you the Sanitary Inspector's Annual Report, which gives you a summary of the work done under your Authority for the year ending December, 1925.

SUMMARY SHOWING PARTICULARS OF WORK DONE:—

(1)	Total Number of Dwelling-houses Inspected	973
(2)	Number of Dwelling-houses Inspected and Recorded under Housing Regulations, 1910	141
(3)	Number of Dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	1
(4)	Number of Dwelling-houses rendered fit in consequence of informal report by Sanitary Inspector...	...	119
(5)	New houses erected	1
(6)	Houses fumigated following removal of Infectious persons to hospitals	28

A.—ACTION UNDER STATUTORY POWER.

Proceedings under Section 28 of the Housing and Town Planning Act, 1919.

(1)	Number of Dwelling-houses in respect of which Notices were served requiring repair	22
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(2) A Number of Dwelling-houses which were rendered fit by owners	16
B Number of Notices to be complied with					6
C By Local Authority	Nil.
(3) Number of Dwelling-houses in respect of which Closing Order became operative	1

B—PROCEEDINGS UNDER PUBLIC HEALTH ACT.

(1) Number of Dwelling-houses in respect of which Notices were served requiring defects to be remedied. ...	141
(2) Number of Dwelling-houses in which defects were remedied by owners. ...	135
(3) Number of Dwelling-houses not yet complied with....	6

C.—PROCEEDINGS UNDER SECTION 17 AND 18 OF THE HOUSING AND TOWN PLANNING ACT, 1909.

1. Number of Representations made with a view to the making of Closing Orders.	Nil.
2. Number of Dwelling-houses in respect of which Closing Orders were made.	Nil.
3. Number of Dwelling-houses in respect of which Closing Orders were determined, the Dwelling-houses having been rendered fit.	Nil.
4. Number of Dwelling-houses in respect of which Demolition Orders were made.	Nil.
5. Number of Dwelling-houses Demolished in pursuance of Demolition Order.	Nil.
Prosecutions.	Nil.

We have three registered Slaughter-houses in our area which are visited by the Sanitary Inspector twice weekly, or more frequent if called upon by butchers who may vary their times of slaughtering any animal since the commencement of the clean meat regulations came into operation in April last.

During the early part of 1925 the Sanitary Inspector had occasion to hold up one carcase of a heifer slaughtered until after inspection by the Medical Officer. The attention of the Auction Mart Authority was also drawn to this case, as the animal was sold through them. Their representative also visited and examined the carcase, and agreed the carcase was not fit to be used as human food. The carcase was immediately removed and destroyed by fire at the Council's gasworks, under the supervision of the Sanitary Inspector.

The Medical Officer and myself have examined all the Dairies and Cowsheds in our area, and submitted a special report thereon. It is pleasing to note that many, and some costly, improvements have been carried out during the year. There are a few still requiring attention, which will no doubt fall into line shortly without pressure having to be brought on to them by the Sanitary Authority.

During the year steady progress has been made by property owners as regards repairs to their properties, but unfortunately this being an iron-ore mining district, it is suffering very considerably through depression in trade, consequently owners desirous of doing more are placed in a bad position. In my experience during inspection of dwelling-houses I am quite satisfied that in numerous cases the tenants of houses could contribute a deal more attention to their own comfort, would they only lend their minds to a higher standard of cleanliness and endeavour to get out of the old and slipshod methods of their past lives.

Arlecdon and Frizington are situated at a reasonably high altitude, with abundance of open country, consequently many of the houses with W.C.'s attached are in such an exposed position that during winter weather many W.C.'s become affected by frost, consequently burst water supply pipes. These need considerable attention immediately the weather moderates.

During the past year the Council have completed a further portion of drainage on their sewerage irrigation ground at Frizington Parks. It is intended that this work should proceed annually until the completion of the most needed irrigation ground have been drained.

The Council have annually their covered-in service reservoir situated at High Leys, Arlecdon, run off and properly cleansed.

I am, Gentlemen,

Your obedient servant,

GEO. ASHBRIDGE, A.R.S.I.,

Sanitary Inspector.

